

NORTH PARK RECREATION CENTER ***GENERAL INFORMATION***

North Park Staff

Area Manager Debra Jones

Center Director Dave Lee

Ground Maintenance Workers

Chris Guzman Martin Owen

Recreation Leaders

Lacy Bradshaw Melanie Palle

Alan Ford Rita Zay

Sandy Villaseñor

Hours of Operation

Monday	1:00 pm - 8:00 pm
Tuesday	1:00 pm - 9:00 pm
Wednesday	1:00 pm - 8:00 pm
Thursday	1:00 pm - 8:00 pm
Friday	1:00 pm - 8:00 pm
Saturday	9:00 am - 1:00 pm
Sunday	CLOSED

Open Play Basketball Hours

Monday	1:00 pm - 5:00 pm
Tuesday	1:00 pm - 5:00 pm
Wednesday	1:00 pm - 5:00 pm
Thursday	1:00 pm - 5:00 pm
Friday	1:00 pm - 4:45 pm
	(Closed the 4th Friday)
Saturday	9:00 am - 1:00 pm

Dates to Remember (Closed)

July 4, 2006 Independence Day

September 4, 2006 Labor Day

Please call for most current information.



AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 685-1308) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

PRINTED ON RECYLED PAPER.

Recycling - Recycle bins are located on Idaho and Howard Streets. Help us support youth programming in your neighborhood! Bring your newspapers, plastic, junk mail, glass and aluminum containers to the recylce bins. Remember, the more recyclables you bring, the more money the center can generate to pay for recreation supplies, sports equipment, field trips and facility improvements!

Recreation Councils

North Park Recreation Council meets the 4th Monday of each month at 6:00 pm at the North Park Recreation Center. All community residents welcome. Please come and be involved with the new and improved parks. Help us keep it GREEN, CLEAN, and SAFE!!!

University Heights Recreation Council meets the 1st Thursday of each month at Birney Elementary School, in the library at 5:30 pm. Join citizens from Old Trolley Barn Park, Birney, and University Heights neighborhoods.

Volunteers Needed! - Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 685-1324.

Donations - By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Stacey Lo Medico, Deputy Director CPII Division, (619) 685-1306.



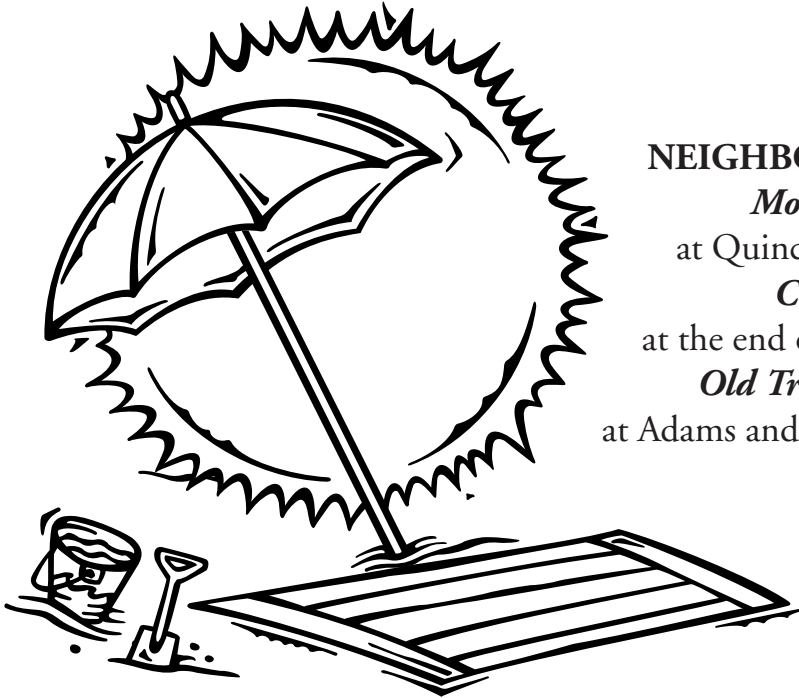


THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"



www.sandiego.gov

North Park ***Recreation Center*** 4044 Idaho Street • San Diego, CA 92104 • (619) 235-1152 ***Summer 2006 Program*** Effective: June 1 - September 30 2006

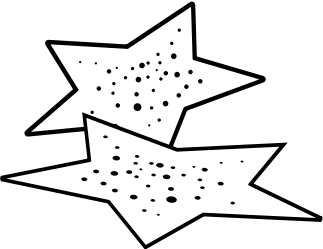


NEIGHBORHOOD PARKS

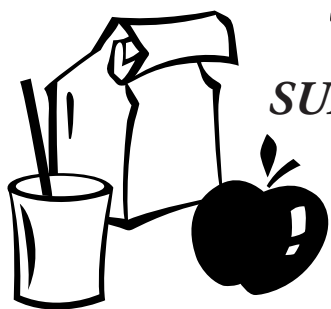
Montclair Park
at Quince and Nile-92104

Cedar Ridge
at the end of Pentuckett-92104

Old Trolley Barn Park
at Adams and Park Boulevard-92116



PROGRAMS & FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

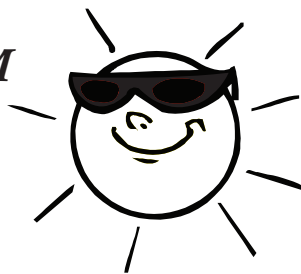


SPECIAL EVENTS

SUMMER LUNCH PROGRAM

Monday - Friday

Lunch 12:00 - 1:00
Snack 3:00 - 4:00
Ages 5¹ - 18 years



ACTIVITIES FOR CHILDREN

MARTIAL ARTS/DANCE

AGES	CLASS	DAY(S)	TIME	PLACE	COST
6 - 13 yrs	Hip Hop Dance	Monday	4:00 - 5:00	Social Room	Free
5 & up	Karate	Friday	5:00 - 8:00	Gym	\$7/week

ARTS & CRAFTS

6 - 13 yrs	Painting/Sculpture	Thursday	4:00 - 5:00	Craft Room	Free
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SPORTS

8 - 12 yrs	Tennis	Monday/Wednesday	4:30 - 6:00	Tennis Courts	\$30/month
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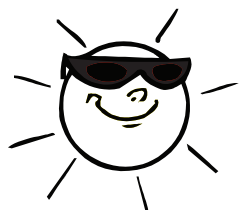
ACTIVITIES FOR TEENS

NORTH PARK UNITY TEEN CENTER

AGES 10 - 17 YEARS OLD

Monday through Friday
3:00 - 7:00 pm

**Check Monthly Calendar for
daily schedule of activities & Special Events.*



CLASSES FOR ADULTS

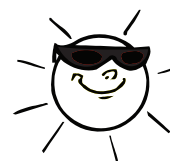
CLASS	DAY(S)	TIME	INSTRUCTOR	COST
Figure Drawing Workshop	Wednesday/Saturday	9:00 - 12:00	Lance	\$5/class
Hatha Yoga	Monday/Wednesday	11:00 - 12:30	Marie	Free
Physical Fitness for Older Adults	Tuesday	11:45 - 1:15	Audrey	Free
	Thursday	9:45 - 11:15	Audrey	Free
Tai Chi	Tuesday	6:30 - 7:30		Free
Softball	Saturday/Sunday	11:00 - 4:00	Tom	517-5791



SENIOR SERVICES OFFERED



CLASS	DAY(S)	TIME	COST
Senior Lunch Program	Monday-Friday	11:00 - 12:30	\$2.00
North Park Food Commodities	1st Thursday	7:00 - 9:00 am	Free



SENIOR DANCE

CLASS	DAY(S)	TIME	COST
North Park Senior Dance	1st Friday	1:00 - 3:00	\$1.25



SENIOR GROUPS AND ADULT CLUBS

CLASS	DAY(S)	TIME	CONTACT	PHONE
Atheist Coalition	Last Tuesday	7:00 - 8:30		
Canasta Card Club	Friday	12:00 - 4:00		
Doll Collectors of North Park	3rd Saturday	9:15 - 1:00	Suzanne	282-0796
International Nunismatics Society	4th Wednesday	6:30 - 8:00		
North Park Men's Recovery	Friday	7:00 - 9:30		
San Diego Stamp Club	2nd & 4th Tuesday	6:30 - 8:30	Ralph	563-5321
TOPS Incorporated	1st Saturday	9:00 - 12:00	Franki	516-3900
39ers Club	Tuesday	10:00 - 3:00	Lois	296-7151

